

Welcome to Japan



Mt. Fuji & Cherry Blossoms





Tokyo at dusk

Welcome to Japan! We sincerely hope you will enjoy your experiences in Japan and explore the culture. As you have probably already noticed, life overseas can be challenging and full of adventure.

Commander Destroy Squadron 15 would like to make you feel welcome right away and help you with these challenges. This booklet should help relieve some of the stress associated with PCS'ing to a foreign country. It is an easy reference for a variety of questions you may have.

As the Command Ombudsman, my job is to provide you with information and referrals to base and military services, as well as help ease the transition to living here in Yokosuka, Japan. I look forward to meeting you & your family in person.

Kindest regards,

Holly M. Varner

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Things To Do First

When you first arrive, things here can be overwhelming. You have to deal with jet lag and move into a hotel for an unknown amount of time. Don't worry - it all gets organized soon enough.

When you check into the Navy Lodge, you will be provided with paperwork from the desk staff. Please pay attention to the dates for payment of TLA (Temporary Lodging Allowance). Ask your sponsor or CDS 15's Admin Department, if you have any questions. The checklist from the Navy Lodge is very helpful in completing your check in. This checklist was generated by the Fleet and Family Support Center (FFSC). Remember the times for the housing brief, AOB/ICR classes (Area Orientation Brief/Intercultural Relations Class) and the orientation for the Child Development Center (if you need child care during the AOB/ICR course).

Where do I begin.....

1. **MOST IMPORTANTLY:** Make several copies of your orders and Family Entry Approval (FEA), Official Orders, and if applicable, a valid Power of Attorney (POA). Many services on base in Yokosuka, including setting up telephone, registering a vehicle, household goods delivery, and housing office business require a spouse to have a valid Power of Attorney. Bring them with you wherever you go for at least 2 weeks. Also, learn your sponsor's work phone number as soon as possible. You will be asked for this information often.
2. **Command Check In:** Your Sponsor will assist the active duty member with the CDS 15 check-in process. CDS 15 always has staff members in Yokosuka. You may contact your Command sponsor and your Command Ombudsman for family assistance.
3. **Personal Property:** Contact Personal Property Inbound regarding your Household Goods. This will allow Personal Property to advise you when your shipments are due to arrive. Hours of operation are Monday, Tuesday, Thursday, and Friday 0800-1600, Wednesday 0800-1500. 243-5426
3. **Housing Brief:** Sign up and attend the Housing Brief. Housing Welcome Center is located to the left of the Navy Lodge Entrance. 243-9037
4. **AOB/ICR:** Area Orientation Brief and Intercultural Relations. Participation is mandatory for all incoming active duty, civilian and adult family members. Advance registration is required. The course begins on Monday at 0845 at the Community Readiness Center (CRC) and lasts for one week. Your sponsor can enroll you before you arrive to ensure earliest available class. *You cannot drive in Japan without this course.*
5. **Multiple Entry/Exit Stamp for Passports:** Located in PSD on 3rd deck, Passport office. Bring Family Entry Approval, Orders. Hours – Monday, Tuesday, Thursday, Friday from 0800-1600. For more information, call 243-8466

Things To Do First, cont'd

7. **DBIDS:** Defense Biometric Identification System – Mandatory enrollment. FAST Office will enroll you. Bring Orders, Family Entry Approval and ID cards to CRC, 2nd Deck, Fast Office Monday – Friday 0730-1830. For more information: 243-7217

8. **Obtaining Cell Phones:** It is recommended as this is the easiest way for people to get in touch with you locally. (Many personnel who decide to live off-base do not obtain a Japanese land line, since they are expensive.) Softbank is offered at the NEX and AU is offered a short walk off base (on Blue Street). Many people say that AU has a better service area. (See the "Telephone Information" section for general dialing instructions.)

9. **Living arrangements:** There are two mandatory briefs the sponsor must attend to arrange housing (on or off base). The first brief is for Off-base housing and is held at 0830 (show time is 0815). You will need to bring your PCS orders, stamped by the receiving command, Family Entry Approval and a Detaching Endorsement/History of Assignment. (See Living Arrangements for more information.) *Note:* You may fill out the DD1746 ahead of time, be sure to complete only the highlighted areas. The online link to the form is listed below.

https://www.cnic.navy.mil/navycni/groups/public/documents/cdn/cnicp_a152811.pdf

10. **Child Care:** There are a few different child care facilities on base. The Main CDC, the CDC Annex, School Age Care and Family Home Care Providers. Each facility offers hourly care on Space Available Basis. Reservations may be made up to one month in advance. To register you will need to bring an Immunization Record for each child. Orientations vary between facilities. Main CDC: 243-5964, School Age Care: 243-5492, Child Development Homes: 243-5478, CDC Annex: 241-4101. See the "Children in Japan" section for more information.

11. **Schools:** The DoDDs schools on base all have websites that can be accessed from the CNIC website, www.cnic.navy.mil/yokosuka. This is the most accurate source of information for each school's requirements. You may also contact the Schools Liaison, Ruth Russell at: ruth.russel@fe.navy.mil

12. **Post Office Box:** To set up your mail box you have two options. You may email/fax your Orders and Family Entry Approval to your sponsor and have them set up your mail box ahead of your arrival. Or, you may set your mail box up with the same documents after you arrive.

The main post office is located on Yokosuka Naval base with mini branches located in Ikego and Negishi. Many companies will ship to an FPO address; you just have to research it. You can still have things you can't live without from the U.S.! There are companies set up to assist military families by providing a physical address and re-shipping to the APO/FPO mailing address. APOBox.com and shipitapo.com are examples of these types of companies. (See the sample of stores that ship to an FPO/APO for more information.)

Things To Do First, cont'd

14. **Pets:** Are you bringing, or planning to bring, pets to Japan? Here is some important information you need to know beforehand.

Pets cannot stay at the Navy Lodge (this applies to all Navy Lodges worldwide.) Contact the NEX Kennel for a reservation for pet boarding. The number is 011-81-46-816-4530 (from the US). The NEX Kennel is open 0900-1500, Monday-Friday. (Yes, someone is there on the weekend to care for the pets.) ALSO contact the Navy Lodge to let them know about your arrival with a pet. If you will arrive after the NEX Kennel is closed, the Navy Lodge can direct you to temporary alternate pet shelter.

Pet Import Regulations and Restrictions have changed for SOFA personnel (that's us), effective September 2006. The ONLY OFFICIAL pet import information pertinent to SOFA personnel is provided online by US Army Japan District Veterinary Command at:

<http://www.usarj.army.mil/organization/vet/import.aspx>

More information is also available at: <http://japan.usembassy.gov/e/acs/tacs-petsi.html>.

FINANCIAL INSTITUTIONS

Navy Federal Credit Union: Located across from McDonald's. Hours of operation: M-F 0900-1700, Saturday 0900-1400. U.S. Dollars only.

ATM's: \$20 increments, maximum of \$600 per day.

1. Bank side
2. Next to Commissary
3. Fleet Recreation, 2nd deck, by NEX Uniform Shop
4. By Piers at Stop Light.

Community Bank: Located in 1st deck of PSD. Hours of operation: M-T 0900-1500, Friday and Military Paydays 0900-1700. U.S. Dollars and Japanese Yen.

ATM's: \$20 or 5000 yen increments, maximum of \$600 per day.

1. PSD parking lot side
2. Outside NEX Main Store by Food Court
3. Autoport near register
4. By Piers at Stop Light.
5. Club Alliance (off base portion/front)

Yen Exchanges also offered:

Each of the Base clubs offer Yen Exchange services, however, this is generally 5 points different from the Bank.

Living Arrangements

Housing can be a big concern when you first arrive. There are many options and decisions you will need to consider. CFAY offers three housing areas: Yokosuka, Ikego (approximately 25 minutes from base) and Negishi (approximately 45 minutes from base). The housing office will provide you with estimates of the wait time for base housing once you are on the waiting list.

Another option to consider is living off-base. The housing referral office is an excellent place to start finding the perfect home that suits your personal needs.

CFAY's housing office offers loaner furniture to furnish your on/off base residence until your household goods arrive. Only furniture is provided. The Base Community Center has some basic kitchen (pots/pans/plates/cups) and linens (pillowcases and sheets) for rental. Cost is \$25 for 5 weeks.

On-Base Living Options:

High-rise towers with 2 and 3 bedroom apartments (no dogs)

Townhouses with 3 and 4 bedrooms

Note: You qualify by rank and/or number in your family. It can take up to a year to move into a townhouse. This will depend on availability of units, so check with the Housing Office.

Off-Base Living Options:

Individual houses

Japanese Mansions (apartments)

Whether you and your family choose to live on-base or off-base, both offer different opportunities and both are enjoyable living experiences. There are many people in the DESRON 15 command who can answer questions you may have about either living arrangement.

Initial Steps To Finding Off-base Housing:

1. Once you have attended the housing brief begin by looking through the binders full of listings for houses or apartments that are available. They are located in the Housing Office and are separated by neighborhood.
2. If you find some housing listings you'd like to see in person, the housing office will call the agent to arrange a meeting. They will make three appointments at a time for you.
3. Find a rental agent through your sponsor or the Housing Office. Many people recommend using multiple agents so that you can see many different places. This is because it doesn't work like a U.S. real estate agent, who will show you all that is available "on the market". *In Japan, each agent will only show you his or her own rental properties!*



Sample of Rental in Japan

Things To Determine

Before Talking With A Realtor

1. Know the amount of your Overseas Housing Allowance (OHA), which is based on Rank.
2. Do you want a Japanese-style or Western-style house? (Do you want an American oven or refrigerator in your house, tatami rooms, etc?)
3. How many bedrooms would work for your family?
4. How close do you want to be to the base?
5. What transportation will you use to get to base? Do you want to be close to a train station? Will you be getting 2 cars, because then you need 2 parking spaces available at your house.
6. Do you have a cat or dog? This is somewhat limiting. Only on-base townhouses allow dogs, and many off-base houses do not allow pets. But with a little time and luck, you should be able to find an off-base house that allows pets.

SCHOOLS INFORMATION

YOKOSUKA SCHOOLS

The Sullivans Elementary School: <http://www.sullivans-es.pac.dodea.edu/>

Yokosuka Middle School: <http://www.yokosuka-ms.pac.dodea.edu/>

Nile C. Kinnick High School: <http://www.kinnick-hs.pac.dodea.edu/>

Pre-registration is available at all schools at:
<https://registration.dodea.edu/privacy-act.cfm>

IKEGO HOUSING AREA

Ikego Elementary School: <http://www.ikego-es.pac.dodea.edu/>

NEGISHI HOUSING AREA

Richard E. Byrd Elementary School: <http://www.byrd-es.pac.dodea.edu/>

SCHOOL LIAISON SERVICES: <http://mwryokosuka.wordpress.com/slo/>

Note: Please Visit the DoDEA Home page for more information about schooling in Japan. Pay particular attention to which documents they require at the time of registration. Some of these forms require the sponsor's signature, and may not be signed using a "Power of Attorney".

SCHOOL LUNCH PROGRAM:

In order for your children to participate in the school lunch program you will have to enroll them. The NEX Cash Cage (located at the Main Store outside of the mini-mart entrance) will provide you with an application to complete. You will need one for each child. The cost per lunch depends on the school you child will attend. Elementary Lunch is \$2.40 and Middle/High School Lunch is \$2.55. It is necessary to prepay for lunches.

Reduced and Free Lunch applications are available at the main desk on the 4th Floor of the Community Resource Center (CRC).

NAVY COLLEGE OFFICE:

<http://www.cnic.navy.mil/Yokosuka/InstallationGuide/NavyCollege/index.htm>

PET IMPORT CHECKLIST FOR JAPAN

- MICROCHIP: MUST BE DONE BEFORE BOTH RABIES VACCINATIONS
 - DATE OF MICROCHIPPING: _____
 - MICROCHIP #: _____
 - BRAND: _____
- FIRST RABIES VACCINATION *AFTER* MICROCHIPPING:
ANIMAL MUST AT LEAST BE 90 DAYS OF AGE AT TIME OF VACCINATION.
 - RABIES VACCINATION DATE: _____
 - EXP DATE: _____
 - LOT # & MANUFACTURER: _____
 - LOT # EXP DATE: _____
- SECOND *AND* MOST CURRENT RABIES VACCINATION MUST BE AT LEAST 31 DAYS AFTER THE FIRST RABIES VACCINE. NOT GIVEN LESS THAN 30 DAYS AND NOT MORE THAN 12/36 (LICENSED VACCINATION DURATION) MONTHS PRIOR TO DEPARTURE.
 - RABIES VACCINATION DATE: _____
 - EXP DATE: _____
 - LOT # & MANUFACTURER: _____
 - LOT # EXP DATE: _____
- FAVN NEEDS TO BE DONE TWO WEEKS AFTER SECOND RABIES VACCINATION –PLEASE BRING A MONEY ORDER OR CASHIER CHECK TO ACCOMPANY THE SAMPLE ON THE DAY OF SUBMISSION –MILITARY VETS \$55 (CREDIT CARDS OKAY), CIVILIAN VETS \$80.
 - FAVN DATE: _____
 - RESULTS: _____
 - DATE SAMPLE WAS DRAWN: _____
THE DAY THE SAMPLE WAS DRAWN STARTS THE 180 DAY QUARANTINE PERIOD.
FAVN IS GOOD FOR 2 YEARS.
- SEND ADVANCED NOTIFICATION FORM 40 DAYS (IF POSSIBLE) IN ADVANCE.
ADVANCED NOTIFICATION CAN BE FOUND AT
<http://www.maff.go.jp/aqs/english/animal/dog/import-other.html>
- EMAIL THE NOTIFICATION TO na-k1@aq.s.maff.go.jp
- OBTAIN HEALTH CERTIFICATE FROM VETERINARIAN WITHIN 10 DAYS OF ARRIVAL

HEALTH CERTIFICATES DONE BY MILITARY VETS WILL NOT REQUIRE USDA ENDORSEMENTS AS LONG AS ALL REQUIREMENTS ARE MET THROUGH MILITARY VETS.

HEALTH CERTIFICATES AND ALL REQUIREMENTS DONE BY A CIVILIAN VET WILL REQUIRE USDA CERTIFICATION AND FORMS A, C1/C2.

Steps to Obtaining a Vehicle

First, in order to drive in Japan, you must have a valid stateside driver's license. You will also need to complete the driver's safety class that is given on the last day of AOB/ICR class. After completing the driver's safety class, passing the written and driving portions of the test, you will be issued a Status of Forces Agreement (SOFA) driver's license. (If you have a teenager who will be coming to driving age while here, there is a driver's course offered through the FFSC in conjunction with the Kinnick High School.)

The test booklet is available to study at:

https://www.cnic.navy.mil/navycni/groups/public/@ca/@cnri/@cfay/@safety/documents/document/cnicp_a228649.pdf

On base, there is an extensive used car system, where the "lemon lot" showcases the available vehicles. Most cars are reasonably priced, with small coupes selling from about \$1500 and vans in the \$2500-\$5000 range. The "Lemon Lot" is located towards the far left of the Commissary parking lot, near the School Age Care (SAC) facility. Check the bulletin boards around base (i.e.: Navy Lodge Laundry, Housing Center and Towers) for other car listings as well. Occasionally cars will be listed in the base newspaper, Umitaki. You can view the base paper online at: <https://www.cnic.navy.mil/Yokosuka/index.htm>

Note: Obtaining a vehicle can take from 1 to 2 weeks on average. Cars must be registered in the sponsor's name. If anyone other than the sponsor - even a spouse- is arranging the registration of vehicles, a Power of Attorney (POA) is required. One can be obtained at the Legal Office on the 2nd Floor of PSD Tuesdays and Thursdays between the hours of 1100 and 1400. DSN: 243-5141

For any questions regarding the following process, contact Vehicle Registration Office at DSN: 243-5011.

1. Obtain valid base Driver's License as part of AOB
2. Find a car you like
 - a. E-4 and below need approval from their CO and CFAY Security office to own a car.
 - b. Buy from "Lemon Lot", individuals, etc
 - c. Buying a car from in town may mean longer wait for title (> 5 days)
3. Get base inspection & Japanese Compulsory Insurance (JCI) if these are due.
4. Get Liability insurance for car
Located in NEX Auto Rental Building between Navy Lodge & Autoport

Steps to Obtaining a Vehicle cont'd

- a. The newer the car, the longer the coverage period needed (<37 months)
- b. Insurance is paid for up front!

5. Vehicle Registration

On Base Resident

- a. Take all the information to the Vehicle Registration Office (VRO) located next to the Navy Lodge in the NEX Rental Services Center. You will need the Parking Certificate from Housing. (You need to have done the house brief by now.) They will give you forms to obtain Temporary Plates for the intended vehicle(s).
- b. Get on-base temporary Pass from VRO. This is for base access through gate and parking.
- c. Take forms to City Hall, Yokosuka and get Temporary Plates (T-plates) if needed. (If transferring ownership from an individual, the permanent plates can get transferred to the new owner.)
- d. Go back to VRO to get paperwork to take to Yokohama Land Transportation Office (LTO) - you can look in the back of the Base Paper for people who will do this for about \$25.00
- e. Take all information/forms and car to LTO (including temporary base pass) to register vehicle and obtain plates.
- f. Take T-plates back to City Hall. Obtain receipt.
- g. VRO to finalize registration and obtain Base Decal.

Off base Resident

- a. Have a copy of signed lease agreement & take to VRO. VRO will let you know which police station (Koban) to go to.
- b. Go to City Hall and obtain T-plates, if needed.
- c. Go to appropriate police station and apply to get parking space at your home inspected. This takes about 3-5 days to process. (Application may be denied if it is determined your car is too big for designated space.)
- d. Go back to police station on appointed day and get parking sticker issued (Y600).
- e. Go back to VRO and obtain appropriate paperwork for LTO
- f. Get plates from LTO and return T-Plates to City Hall, if applicable.
- g. VRO to finalize registration and obtain Base Decal.

Setting Up Your Cable & Internet

If you live on base, you can use Americable for cable TV and Internet Access. Americable offers a variety of plans that carry a number of local Japanese stations, some American cable channels, and a few pay channels. In general, the Armed Forces Network (AFN) channels offer American programming, with most TV series playing several months behind what is airing in the states. However, many sporting events are carried live. Reality shows are carried "almost live", meaning they air over here the day after they are aired in the States.

The Americable office is located behind the CPO club, next to the Safety Office. M-F 0730-1630. In order to set up your service you will need to bring your housing letter. DSN: 241-2288

If you live off base, you can get a decoder box & satellite dish so you can watch AFN channels on your television. The use of satellite may be limited by your off-base location.

Internet service is offered on-base through Americable. Internet service is offered off-base through JCOMM. It may take a week or more from the time you call JCOMM to set up your appointment, so call as soon as you determine your living arrangements.

Netflix and blockbuster (mail order video rental) will work here and though mail may take a bit longer you can still enjoy "home" delivery of movie and TV shows here in Japan. You will need to use your PSC mailing address. You can use a DVD recorder (DVDR) in Japan and one may come in handy if you watch sports. DVDR's are available to rent through the base Americable Office. Many U.S. games are on TV during the night if they are live.

Note: TIVO and ReplayTV devices/services do not work in Japan, even as a manual digital recorder.

Telephone Information

Consider using the internet and a service such as Vonage (www.vonage.com), Skype or VOIP to phone the U.S. If you live on base, you can sign up for a DSN phone plan through the Base Communications Office. Phone cards are also available at the NEX and various locations around base. DSN: 243-5847.

Helpful reminders when calling within Japan (from Cell Phones)

For 241 prefixes: 046-896-XXXX

For 243 prefixes: 046-816-XXXX

For 246 prefixes: 046-806-XXXX

To Dial the Base Operator

From on base: 243-1110

From off-base: 046-816-1110

To Dial Directly to U.S.

88+00+11+Area code + number

To call the U.S., you can purchase a NEX EZ-call Calling Card for \$20 from vending machines at the Navy Lodge, Main Street Food Court or the Laundromat. You can call using your cell phone without using your airtime minutes, but you will get fewer minutes for your money than if you call from a land line.

Calling from the U.S.

241 prefixes: 011-81-46-896-XXXX

243 prefixes: 011-81-46-816-XXXX

246 prefixes: 011-81-46-806-XXXX

Cell phones starting with 090: 011-81-90-XXXX-XXXX

Cell phones starting with 080: 011-81-80-XXXX-XXXX

Note: In Japan, cell phone plans usually have fewer minutes included per month than U.S. plans. However, incoming calls are free on cell phones (they do not take away from monthly minutes). Many people also use text messaging since it doesn't cost as much as a call if you exceed your allotted minutes per month.

Child Care in Japan

The Navy's Child Care centers have won awards for their merit. They are well run and provide excellent care. However, due to their high standards, they can sometimes be inconvenient and frustrating for parents not accustomed to the numerous rules and regulations designed to protect the children.

Main CDC Annex: This child care is for children age 3 to 6 that have not yet started 1st grade. It is limited to 25 hours a week (exceptions are made for AOB/ICR class). This is located at the Old Community Center. Hours of operation are 0600-1800, Monday through Friday and they charge \$4.00 per hour/per child. They take reservations up to one month in advance. You must attend an Orientation before utilizing the center. Orientations are held Tuesdays and Thursdays at 1000. You must provide immunization records for each child. DSN: 241-4101 for Reservations. DSN: 241-4102 for questions.

Note: Main CDC Annex also offers part time and full time preschool. Limited spaces are available. Please contact the Main CDC Annex for application, wait list times and information. DSN: 241-4101

Main CDC: This center is for children under school age. The main purpose is for children needing full time care (over 25 hours a week), however, space available hourly care is also provided. Dual active duty have priority. They have a waiting list for all others. Their rates depend on total pays received. They will require an LES/Pay stub when registering; also immunization records are needed. **Special opening the second Saturday of the month open to all children, ages 6 weeks to 12 years, from 1700-2400. DSN: 243-5964*

Child Development Homes: These are certified home child care providers in the Housing areas (Yokosuka, Ikego and Negishi). They are trained and certified by the Family Child Care office (located in the Community Readiness Center, floor 3 - suite 305). At this office you can register to use these providers and they can give you the listing of providers with profiles. These care givers can provide a variety of services for all ages of children. Immunization records are needed. DSN: 243-3222

Ikego and Negishi CDC's: These centers provide both part-time and full-time care. They both require orientation and immunization records. Ikego DSN: 246-8060; Negishi DSN: 242-4316.

Supervision of Children and Curfew Policy

We are reminded daily that the world is a dangerous place; obligating us to do everything we can to protect our children. As such, parents and guardians are responsible for appropriate and adequate supervision of their minor family members at all times, whether on or off base.

This policy applies to all military members, civilians and their family members assigned to or visiting Fleet Activities (FLEACT), Yokosuka and Negishi and Ikego Housing Areas. Any minor violating the curfew policy will be detained by base security until his or her sponsor; guardian or representative of the sponsor's command comes to assume custody. Repeated or particularly egregious violations may provide a basis for referral to Family Advocacy and/or revocation of command sponsorship for the family

The following policy applies to all minors:

Age of child	Left unattended in Quarters	Left Alone Overnight (2230-0530)	Left in playground unsupervised	Left in car unsupervised
0 - 6 yrs	NO	NO	NO	NO
7 - 9 yrs	NO	NO	YES*	NO
10 - 15 yrs	YES	NO	YES	YES
16 + yrs	YES	YES**	YES	YES

*ADULT WITHIN HEARING OR VISUAL CONTACT

**WITH ACCESS TO ADULT SUPERVISION

Children under 12 years of age will not baby-sit other children, including their siblings. Baby-sitters under the age of 16 may supervise until 2400 but are not allowed to sit all night. In addition, all children under the age of 18, unless accompanied or supervised by their parent or designated adult guardian, will remain off the streets and out of public areas within FLEACT, Yokosuka, Negishi and Ikego Housing areas from 2230 - 0530 daily. However, curfew hours on Friday, Saturday, and holidays are extended to 2400 - 0530 only for high school seniors. Organizers of special events that may result in children returning during restricted hours will inform base security of such events.

Children between the age of 6 and 10 may transit to and from organized activities where adults are present, and where the adults are providing custodial care and oversight. Examples include transit to and from school, school clubs and activities, Boy Scout/Girl Scout meetings, Youth Sports practices and games, and leisure classes such as piano or martial arts classes.

Personality, environment, developmental progress and maturity levels are factors parents must use to determine when children are ready to accomplish activities with little or no supervision. Parents should assess their children's maturity and, if necessary, raise the minimum age limits outlined above.

Parents who have questions about this policy may contact the Family Service Center Director at 243-6716.

Useful Base Information

Base Taxis:

DSN: 243-4444 or Cell: 046-816-4444

Autoport:

(Next to Navy Lodge) Hours: 0600-2300 daily

Car service center, Gas station, Garden Center, Convenience Store ~ offering a variety of items; milk, water, basic food items, books, magazines frozen entrees, juice, and a Video Rental

Barber Shop:

Navy Exchange Hours: 0900-1900 Mon.-Fri.; 0900-1800 Sat.; 1000-1800 Sun.

Fleet Recreation Center Hours: 100-1700 daily

Beauty Shop:

(Inside NEX) Hours: 0900-1900 Mon.-Fri.; 0900-1800 Sat. and Sun.

Commissary:

(Next to NEX) Hours 0800-2000 Mon.-Fri.; 0900-1900 Sat. and Sun.

NEX:

(Next to Commissary) Hours: 0900-2000 daily

The Mini-Mart (convenience store and Book store are within the exchange.

Fleet Exchange:

(In Fleet Recreation Center) Hours 0900-1900 daily

A smaller NEX store with GNC, Uniform Shop and Athletic Gear

Fleet and Family Support Center

(New Community Center, 4th Floor) Hours: 0800-1630 Mon-Wed & Friday. 0800-1500 Thurs. For Family support, free community classes, maps and emergency translations services.

Video Rental:

(Across from NEX) Hours 1000-2100 Mon-Sat; 1000-1800 Sun.

Dry Cleaning/Laundry:

(Next to Post Office) Hours: 0700-1730 Mon-Fri; 0900-1700 Sat.

Laundromat:

(Between Commissary and NEX) Open 24/7

See "Shopping On-Base" and "Places to Eat On-Base" for more base information

Shopping On-base

NEX Autoport and Garden Center: Located next to Gas Station. They sell some foods, hygiene items, beer and wine, automotive items, outdoor items and tools.

NEX: Located across from Starbucks. Contains clothing, shoes, books, toiletries, liquor, toys, electronics, movies, video games etc.

Kids NEX Door: Located in front of NEX on 2nd Floor. This store sells children's clothing and equipment from newborn to teens.

NEX Home Accents: Located in front of NEX on 1st Floor. This store sells kitchen items, household decorations, linens and towels, picture frames, Japanese items, crystal and other nice things.

NEX Furniture Store: Located next to Starbucks and has furniture for every room in your home.

NEX Depot: Office supplies, cooking supplies in bulk, outdoor sheds, some electronics and tools, nicked and damaged furniture and more.

Takusan Treasures: Located next to Sbarro's. The gift shop sells many different items from Asia. Open Tuesdays and Thursdays 1000-1500 and the second Saturday of each month from 1000-1400.

Hobby Mart: Located on fifth floor of new community center. They have a variety of crafts, dance and other items. Open Monday - Friday 1000-1800 and Saturday 1000-1600. 243-5040

Second Hand Rose: Second hand store, resale shop. Located behind CPO club, in the same building as the Safety Offices. Open Tuesdays, Thursdays and the second Saturday of the Month from 0900-1400.

Shopping Off-Base

Daiei Shopping Mall: The first floor has a grocery store (like most Japanese Department Stores). Then there are many floors and shops, including a book store with an English section and a food court. There is a gate (for walking only) onto base through the backside of the Daiei. It is only open Mon.-Fri. from 0600-2000. This gate is also open Sat. from 0730-0830 and 1600-1700. (Closed on U.S. Holidays.)

100 Yen Store, "Daiso": There are two of these "dollar store equivalents" located across from the Daiei. Walk over the crosswalk for Rt. 16 and down the side street in front of Daiei. You will walk with an Italian Restaurant on your right and Bamiyan Restaurant on your left (across the street). Take the narrow hallway leading to an escalator/staircase. Take it to the second floor. You will see Dental Clinic on your right. One Daiso will be in front of you and another to your left. They only take Yen (no credit cards or American Dollars).

Blue Street: There are multiple shops and restaurants down "Blue Street" (named for blue flecks in roadway). Look up because many buildings have shopping on several floors. (Many stores and restaurants are closed on Wednesdays.)

Look for:

- More's City (a "mall" behind the Yokosuka Chuo Train Station

- Saikaya department store (with up-scale department store in basement)

 - Gap located on 2nd floor of Saikaya department store

- Mikasa Shopping Plaza

- Seiyu department store (with grocery in basement)

- Fabric Craft store on left

- Stationary store on left

- AU Cell Phone Store

- Many other stores!

Note: Homes, Livin and Ave are department stores that you can drive to along Rt. 16. D2 is a similar store located along Rt. 134. (From base, turn left out of Main Gate and travel along Rt. 16. When you see Red Lobster, turn right at a light onto Rt. 134.) Each of these stores has a variety of home items you may need. Livin also sells clothing.

Restaurants on Base

Chili's: Located next to Navy Lodge; does have a take-out menu available.

Officer's Club: Located across from hospital. Multiple options at this location.

Main dining room - open for lunch and dinner and has a dress code of no jeans or shorts after 1700.

The Warehouse - Casual restaurant located in rear of O'club

Deli - Take out store located next to the front entrance.

Bar - located in main entrance (no children allowed)

CPO club: Located across from ATG, on the main gate side of the base. Delicious buffets and nightly specials. Banquet facilities for functions available.

Club Alliance (Club A): Located at the entrance to Main Gate. This is an All-Hands Club offering a variety of delicious foods, dancing, and more.

McDonald's: Located next to PSD. Outdoor play area and drive-thru available.

Taco Bell: Located across from NEX. Drive-thru available.

Starbucks Coffee: Located across from NEX next to ITT (International Ticketing and Tours office).

Dunkin Donuts/Baskin Robbins: Located in NEX main store food court.

Anthony's Pizza: Located in NEX main store food court

American Eatery: Located in NEX main store food court

Popeyes: Located in Main Street Food Court, by bowling alley.

Manchu Wok: Located in Main Street Food Court by bowling alley

Subway: Located in Main Street Food Court by bowling alley

SBC/Cinnabon: Located in Main Street Food Court by bowling alley

Long John Silvers/A&W: Located in Main Street Food Court by bowling alley

Mean Jean Burgers: Located in bowling alley and Fleet Recreation Center Food Court.

Smash Hit Subs: Located in Fleet Recreation Center Food Court

Italian Gardens: Located in All Hands Club at main gate on 2nd floor.

Sample of stores that ship to APO/FPO

Amazon (most items)	J. Crew	PACSUN Wear
Ann Taylor/Ann Taylor Loft	J.C. Penney	Payless Shoes
Baby Center	J. Jill	Performance Bike
Banana Republic	Joann Fabrics	Petco
Barnes & Nobles	Kohl's	Petsmart
Bath and Body Works	Lands End	REI
Best Buy (some items)	Lane Bryant	Robeez
Campmor	Linens N Things	Sally's Beauty Supply
Drustore.com	Lion Brand Yarn	Sears
EB Games	Macy's	Sierra Trading Post
Eddie Bauer	Moose Jaw	Stride Rite
Gap	Nashbar	Target (some items)
GNC	NETFLIX	The Children's Place
Gymboree	Nordstrom	The Right Start
Hanna Anderson	Norm Thompson	Victoria's Secret
Harry and David	1-800-CONTACTS	Wal-Mart
Herrschners	Oriental Trading Co.	Zappos
Hickory Farms	Old Navy	Zippos

Useful Websites

Commander Fleet Activities Yokosuka

www.cnmc.navy.mil/yokosuka

Fleet and Family Support Center

www.cnmc.navy.mil/yokosuka/CommunitySupport/FFSC/index.htm

Military Installations Database (Replacement for SITES)

<http://militaryinstallations.dod.mil>

Military One Source

www.militaryonesource.com

Morale, Welfare and Recreation (MWR)

www.mwryokosuka.wordpress.com

Train Schedules

www.hyperdia.com

www.jorudan.co.jp

Armed Forces Network Satellite TV Schedule

www.myafn.net

Yokosuka City Information

www.city.yokosuka.kanagawa.jp/english

The New Sanno (Military Hotel in Tokyo)

www.thenewsanno.com

Translate Names into Japanese (Kanji)

www.yournameinjapanese.com

IACE Travel (Airfare to U.S.A.)

www.iace.co.jp/english/

NEO Information and Forms

www.cnmc.navy.mil/Yokosuka/NEO

Fun Things to Do With Children

There are many fun and convenient things to do with kids in Yokosuka. Here are a few ideas:

Community Center: Dance, Craft, Tae Kwon DO, and Music classes

Youth Sports

Youth/Teen Center

Purdy Fitness Center for classes such as Stroller Exercise Classes, PT Tots, Mommy-n-me gymnastics for toddlers, and swim lessons for babies and older children. Table Tennis equipment, Racquetball equipment and tennis equipment are available for check-out

Fleet and Family Support Center provides directions to many different places to go with children. You can download them from the CNIC website, as well.

Japanese Mall Daiei (pink mall next to base on right) has an indoor play area on the second floor that is great for children under 5. It is 500 yen to play all day (with shopping breaks, of course.)

There are so many parks and beaches for children to play and they are easy to find.

Don't hesitate to ask any parent at the play areas what you can do with your little ones. Everyone here was new once and they can help you out.

The Bowling Center is open Sun.-Thur. 1030-2300; Fri.-Sat. 1030-0100

Indoor Pool is open during Fall, Winter and Spring. Lap Swim: Mon.-Fri 0530-0800; Recreational Swim: 1100-1900.

May 31 all outdoor pools open. Green Beach, BOQ and O'Club.

Recreational swimming is Mon. - Sun. 1100-1800

Kids can really thrive here and enjoy the culture as much as you can. They can also make it easier for you to meet friends through them.

RECREATIONAL FITNESS INFORMATION

Fleet Recreation Center: Located across from the ships, open 24 hours a day 7 days a week.

Free weights, weight machines, cardio machines, basketball court, racquetball courts and fitness classes are offered here.

Purdy Gym: Located near the Post Office. M-F 0530-2200, Weekends – 0900-1700

Free weights, weight machines, cardio machines, martial arts classes (ages 4 and up, depending on the style), fitness classes, basketball courts, racquetball courts, tennis courts, skate deck, massage therapists and fitness classes are offered here. There is a soft play room for children birth to age 5 to play in while you use one of four cardio machines. Purdy also has an indoor pool open M-F 0530-0830 lap swim, 1100-1900 recreational swim and weekends 0900-1700. Swim lessons are held at Purdy when the outdoor pools are closed seasonally or when appropriate due to weather.

Note: See the type of fitness classes offered at: <http://mwryokosuka.wordpress.com/navy-fitness-group-x-calendar/>

Adult Sports: Office located on third floor of Fleet Recreation Center. Open M-F 0800-1700. Personal trainers, Captain's Cup Sports and Runs, Fun Runs, Fitness Challenges and more.

Youth Sports: Office located in "Old Library", Bldg. H-12.

Youth Sports offers many different opportunities for Team Sports to ages 3-18. The sports currently offered (vary by season) are: dodge ball, basketball, cheer, baseball, softball, soccer, flag football, volleyball, gymnastics (limited spaces) and swim (summer months). There are youth fitness incentives offered by Youth Sports, too!

Other Organizations and Training Courses

In the fall, look for advertisements for the annual "Welcome Fair," to disseminate information about CFAY Clubs and Organizations. Attend and learn more about how to become involved in social and volunteer activities, while meeting new friends, of course! Here are just a few groups you might be interested in:

Local Colleges and Universities: You'll find many opportunities to go back to school. Below is a list of on-base colleges and universities offered at Fleet Activities Yokosuka. Most information can be found at the Fleet Recreation Center, 3rd Floor.

Central Texas College: Programs: Assoc. Degree programs in Education, Criminal Justice, Business Administration, Early Childhood Professions, Fire Protection Technology, Law Enforcement and General Studies.

University of Oklahoma: Program: Master of Human Relations

University of Maryland University College: Programs: Varied. Visit website for up to date information. www.ad.umuc.edu

Troy State University: Programs: Master of Science in Management, Master of Public Administration.

PACE (Program for Afloat College Education): Provides tuition for free basic skills development, as well as college classes aboard deployed commands.

Navy College Learning Center: Offers many courses and testing for SAT/ACT, GED, college courses and CLEP. For more information, please call 243-7971

COMPASS "A Course for Navy Life": This is a group of volunteer Navy spouses who mentor other Navy spouses. The training is usually a 3-day course from 0900-1200 and teaches spouses about all aspects of "Navy Life" - including acronyms/abbreviations, how to read an LES, how to PCS in the Navy, and even local insights. Breakfast and lunch are provided for the participants. Childcare reimbursement is also available. Get more information at: www.navycompass.com

Knit Wits: A knitting and crocheting group that meets Wednesdays at 1000 and Thursdays at 1700 in Starbucks to work on their craft. The last Thursday of the month, the meeting is held at Shobu Tower Party Room, with an Off-base yarn vender/Japanese Teacher. knitwits.yokosuka@gmail.com

Other Organizations and Training Courses,

Cont'd

Ikebana International Kamakura Chapter 51: This is a group of Japanese and Americans whose motto is "Friendship through Flowers". The unique monthly programs are an exchange of Japanese and American culture, featuring music, dance, theater, and art (to name a few). There are Ikebana demonstrations twice each year, and a member demonstration in June.

Yokosuka Officers Spouse Club (YOSC): As a club for spouses of Yokosuka officers, this is a large and active organization. A special YOSC welcome event for officers' spouses is held in the fall.

Japanese American Wives (JAW): The Japanese American Wives Group is an intercultural group "...to promote lasting friendships between Japanese and American women and increase intercultural understanding."

The At-Large Group holds four major social events per year. Two events are planned and hosted by the Japanese members and two by the American members. The At-Large Group membership is limited to 50 Japanese wives and 50 American wives. Dues: \$25.00.

The Conversation Group is a smaller group that meets Tuesday mornings on a bimonthly basis. This group is committed to sharing cultural experiences, traditions and ideas. Members have the opportunity to practice English and Japanese language skills and enjoy new friendships. The Conversation Group membership is limited to 30 Japanese and 30 American wives. Dues: \$35.

For more information or questions email: JAWYokosuka@yahoo.com

Yokosuka International Community Theatre Group: Always looking for new, experienced, onstage, backstage talent. Contact: yokosukainternationalplayers@gmail.com for more information.

USA Girl Scouts Overseas (USAGSO): Contact call 243-4119 or yokosukagirlscouts@hotmail.com

Boy & Cub Scouts of America: Email: pack33@gmail.com